

PHYSICAL ACTIVITY

No leisure-time physical activity

- In 2000, 23% of Montana adults reported engaging in no leisure-time physical activity.
- Adults aged 65 and older (33%) were most likely to be inactive, substantially more so than adults less than 55 years of age (<23%).
- There is a strong inverse relationship between levels of education and no leisure time physical activity. Adults with less than a high school education were more likely to report leisure time inactivity (46%) than adults with higher levels of education (<29%).
- Upper middle income Montanans (\$50,000 - \$74,999) tend to be much less likely to report no physical activity in their leisure time (12%) than lower income groups ($\geq 20\%$).
- Non-white or Hispanics were more likely (32%) to report physical inactivity than white non-Hispanics (22%).

Note: Physical inactivity is defined as no leisure-time physical activity.

Light to moderate physical activity

- In 2000, 24% of Montana adults reported engaging in light to moderate physical activity.
- Adults with some college education or more education ($\geq 23\%$) were more likely to engage in light to moderate physical activity than adults with less than a high school education ($\leq 14\%$).
- There is no apparent relationship between income, race or gender and reported light to moderate physical activity.

Note: Light to moderate physical activity is defined as five or more times a week, 30 minutes or more a session, regardless of intensity.

Vigorous physical activity

- Eighteen percent of adults in 2000 reported engaging in vigorous physical activity.
- Adults with a college degree (27%) were more likely to engage in vigorous physical activity than adults with less education (<16%).
- Adults with annual household incomes of \$75,000 or more (31%) were more likely to report that they engaged in vigorous physical activity than adults with household incomes between \$15,000 and \$49,999 ($\leq 18\%$).

Note: Vigorous physical activity is defined as three or more times a week, 20 or more minutes a session at 50% or more capacity.

Healthy People 2000 Objectives:

- 1.3 Increase to at least 30 percent the proportion of adults who engage regularly in light to moderate physical activity.**
- 1.4 Increase to at least 20 percent the proportion of adults who engage in vigorous physical activity.**
- 1.5 Reduce to no more than 15 percent the proportion of people ... who engage in no leisure-time physical activity.**

Table 7. Physical Activity, Montana Adults, 2000 (with 95% confidence intervals).

	No Leisure-time physical activity (Obj. 1.5)			Light to moderate physical activity (Obj. 1.3)			Vigorous physical activity (Obj. 1.4)		
	Total No.	WT.%	CI	Total No.	WT.%	CI	Total No.	WT.%	CI
All Adults:									
2000	3018	23.3	21.3-25.3	3018	24.0	21.8-26.1	3018	18.4	16.4-20.3
Sex:									
Male	1290	21.7	18.9-24.6	1290	22.7	19.6-25.8	1290	17.3	14.5-20.0
Female	1728	24.8	21.9-27.7	1728	25.1	22.2-28.0	1728	19.4	16.7-22.1
Age:									
18-24	229	16.8	9.2-24.4	229	29.0	21.3-36.7	229	10.3	5.4-15.2
25-34	418	19.4	14.6-24.1	418	23.7	18.6-28.7	418	11.0	7.2-14.7
35-44	676	19.0	15.2-22.8	676	25.4	20.6-30.1	676	18.1	13.8-22.4
45-54	646	22.3	18.3-26.4	646	20.4	15.9-24.8	646	21.5	17.1-25.8
55-64	418	28.2	22.5-33.9	418	19.0	14.1-23.9	418	18.6	13.4-23.9
65+	627	33.4	28.6-38.2	627	26.3	21.3-31.2	627	26.9	21.8-32.0
Education:									
<High School	286	46.1	37.1-55.2	286	13.8	8.1-19.6	286	11.6	6.4-16.7
High School	976	28.6	24.9-32.3	976	22.4	18.7-26.0	976	15.5	12.2-18.9
Some College	907	20.5	17.2-23.8	907	23.5	19.6-27.4	907	14.1	11.0-17.1
College Degree	847	14.2	11.3-17.2	847	28.9	24.9-33.0	847	27.5	23.4-31.6
Income:									
<\$15,000	290	27.5	20.7-34.4	290	25.5	17.7-33.4	290	16.5	9.8-23.2
\$15,000 - \$24,999	634	28.1	23.5-32.7	634	22.3	17.9-26.6	634	12.3	8.9-15.7
\$25,000 - \$49,999	902	20.5	16.7-24.3	902	23.8	20.0-27.6	902	17.5	14.3-20.6
\$50,000 - \$74,999	321	12.2	7.9-16.5	321	27.7	21.4-34.0	321	22.1	16.2-28.0
\$75,000+	200	16.6	10.2-23.0	200	23.6	15.2-31.9	200	30.9	21.9-39.9
Race:									
White, non-Hispanic	2601	22.4	20.3-24.5	2601	24.3	22.1-26.6	2601	18.7	16.7-20.8
Non-white or Hispanic	407	32.3	25.3-39.3	407	19.8	14.1-25.6	407	14.5	9.3-19.7

Figure 5. Physical Activity, Montana Adults, 1990-2000.

